

Celebrating Older Americans Month

Fri.	May 1-Fri. May 29	8:15 - 4:00	Art Exhibit: Nancy Nickerson displays her artwork for the month of May. Come view these wonderful pieces.
Fri.	May 1,15	9:00 am	Benefits Counseling with Deb Hollingworth - Benefits counseling services are essential for understanding how to complete multiple, complex and confusing applications. Deb is at the Senior Center to assist seniors to understand what is needed to secure benefits. Call for appointment.
Fri.	May 1,15	10:30 am	Nutritional Outreach Program: Must be an enrolled participant.
Fri.	May 1	1:30 pm	Photography Club meeting - Come meet other camera enthusiasts and learn what is going on in the camera world in our area. Meets the first (1st) Friday of the month. Dues are \$5./yr for residents \$10./yr non-residents.
Sun.	May 3	11:30 am	Volunteer Recognition Luncheon - Volunteers who volunteered more than 25 hours in 2014. Invitation only.
Mon.	May 4	10:00	End of Life Planning: How Does Yours Stack Up? - Ways to work together with your family to plan your funeral.
Mon.	May 4,11,18	1:30 pm	Board Games Galore - Each Monday afternoon play any of the games in the Senior Center's collection. Choices include popular favorites like Win, Lose or Draw, Scruples, Life, Sorry, Parcheesi and more. Participants are also welcome to bring their own favorite games to play. Games are open to both resident and non-resident seniors and are free of charge.
Tues.	May 5,12,19,26	9:30 am	Cup of Conversation - Join other seniors for a cup of coffee, munchkins and good conversation in Mary's Bistro.
Tues.	May 5,12,19,26	10:00 am	Caregiver Support Group - Join the Jewish Family Service (JFS) Caregiver Support Group . Meets on Tuesdays from 10:00-11:30 am at the Northampton Senior Center. A place to reduce caregiver isolation, receive support, explore relevant topics, discover resources, and share coping strategies. To register or for more information, please call Cathy Chandler, 413.455.1936 x104 or email c.chandler@jfsnw.org
Tues.	May 5	10:00 am	PVTA Photo ID : For disabled individuals and senior citizens with disability documentation required. Fee \$1.00.
Tues.	May 5	10:00 am	Free Blood Pressure Clinic: Blood pressure screenings provided by Cooley-Dickinson Auxilliary nurses. Walk-ins welcome. Open to all Seniors.
Tues.	May 5,12,19,25	1:00 pm	Interfaith Help Fund - By referrals only. One (1) time emergency financial assistance for Hampshire County residents.
Tues.	May 5,12,19,26	1:00 pm	Trivial Pursuit - Each Tuesday afternoon, Trivial Pursuit will be set up to play. Many different editions available. Different sets of cards available including the All Star Sports Edition and Silver Screen Edition. Open to both resident and non-resident seniors and are free of charge.
Wed.	May 6	9:15 am	Veteran's Benefits Appointments: Assistance with Veteran's Compensation and Pension benefits questions with Paul Neville. Appointments available.
Wed.	May 6	12:00 pm	Low Vision Support Group - This support group meets on the first Wednesday of each month . Call Michele Dihlmann at 413-587-1226 for more information
Wed.	May 6,20,27	1:00 pm	Timeless Tunes - Come sing with us through the years. Bring your voice Call 413-587-1228 for time and place
Wed.	May 6		GAMES ROOM CLOSED
Thurs.	May 7	10:00 - 2:00 pm	13th Annual Health & Safety Fair
Mon.	May 11	2:30 pm	"Cooking with Calvin" - Learn step by step easy recipes with Dianne Paquette Food Service Director at Calvin Coolidge Nursing & Rehabilitation Center. There will be a step by step demonstration of preparing a dessert trifle. No cost to seniors age 55 and older. There will be a demonstration on the second Monday of every other month. Please register by calling the Senior Center at 413-587-1228.
Tues.	May 12	10:00 am	Heart Attacks: Men vs Women - Come and learn about the different signs and symptoms between men and women for heart attacks. Presented by Lisa Steinbock, Public Health Nurse for the City of Northampton.
Tues.	May 12	7:15 pm	Financial Education: Outlook & Opportunities, Finding the Prevailing Winds - Join Helen Blatz for this free presentation to seniors.
Wed.	May 13	10:00 am	Elder Law Essentials-Taking Control of your Future: A Legal Check-Up - With Attorney Marilyn Schmidt and sponsored by the Massachusetts Bar Association
Wed.	May 13	3:00 pm & 7:00 pm	Special "Group Sings" with Ken Muiri and Roy Faudree Featuring song standards from the 20 th Century American Songbook and a little rock 'n roll.
Thurs.	May 14,21,28	12:30 pm	SHINE - By appointment only - Call 413-587-1228
Thurs.	May 14	10:00 am	Vaccine Clinic - City of Northampton Health Department is sponsoring the clinic and the vaccines are provided by RITE AID. PRE-REGISTRATION IS REQUIRED. Call 413-587-1226 to register. Insurance cards are required and possible co-pays may apply.
Thurs.	May 14	10:00 am	Brown Bag: Eligible participants MUST pick up their bags by 11:00 am . Bags cannot be held. Call the Food Bank at 413-247-9738 for applications and information.
Thurs.	May 14	1:00 pm	Readers & Thinkers - Meets the second (2nd) Thursday of each month.
Thurs.	May 14	1:30 pm	NCOA Board Meeting - Open to the public
Fri.	May 15	10:00 am	SNAP Myth's Presentation - Learn about SNAP and the myths of understanding the process for applying to the program. Formerly the Food Stamp Program. Presentation sponsored by the Food Bank of Western Massachusetts
Fri.	May 15	10:00 am	Brain Safety and Bike Riding - Presented by Mary Collier
Fri.	May 15	2:00 pm	Dancing With Seniors - Sponsored by Highview of Northampton and taught by a professional dancer.
Sun.	May 17	1:00 pm	Northampton Senior Center Open House - Meet the staff, tours, displays and demonstrations, entertainment, refreshments. Come check us out!
Mon.	May 18	1:30 pm	Monday Movie Madness - "Still Alice" - Seniors age 55 and older join us for our monthly movie. No cost but donations are welcome.
Tues.	May 19	1:00 pm	Jim Spencer's Africa Trip - Jim shares photographs and anecdotes from his recent trip to Africa.
Tues.	May 19	5:00 pm	Commission on Disability - Monthly meeting. Public invited.
Wed.	May 20	9:30 am	Foot Care Clinic with Dr. Coby: By appointment. Fee. \$25.00
Fri.	May 22	10:00 am	Successful Retirement Presentation - Come and learn the cornerstones of a successful retirement and possible ways to minimize taxes on your social security and more.
Fri.	May 22	2:00 pm	"Tea for Three" - Featuring actress Elaine Bromka. Event sponsored by Calvin Coolidge Nursing and Rehabilitation Center.
Mon.	May 25	8:15 - 4:00 pm	Senior Center will be closed in observance of Memorial Day



**** Indicates registration is required due to a minimum enrollment or new opportunity.**

Friday May 1

8:20 Dynamic Fitness DVD
9:00 Spanish/English Computer Tutor
9:30 Low Impact 1
10:00 Benefits Counseling with Deb Hollingworth
10:30 Low impact 2
10:30 Nutritional Outreach Program
12:30 Open Senior Bowling at Canal Lanes
1:00 Photo Club
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Chess
2:45 Yoga

Monday May 4

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 End of Life Planning: How Does Yours Stack Up?
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:00 Spanish/English Computer Tutor
1:00 NeedleWorkshop
1:30 Contemplative Photography
1:30 Board Games

Tuesday May 5

9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
10:00 PVTA Photo ID
10:00 Blood Pressure Clinic
10:00 Life Stories Workshop: Session Four
12:00 Spanish/English Computer Tutor
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
7:15 Evening Yoga
7:15 Stargazing: Beginning Observational Astronomy*

Wednesday May 6

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:15 Veteran's Benefits Services
9:30 Low Impact 1
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap
12:00 Low Vision
12:30 Zumba Gold
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Strength & Stretch
2:45 Feldenkrais

GAMES ROOM CLOSED TODAY

Thursday May 7

10:00 Health & Safety Fair
NO PROGRAMS

Friday May 8

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in

Group
1:45 Strength & Stretch
2:45 Yoga

Monday May 11

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:00 Spanish/English Computer Tutor
1:00 NeedleWorkshop
1:30 Contemplative Photography
1:30 Board Games
2:30 Cooking with Calvin*

Tuesday May 12

9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
10:00 Life Stories Workshop: Session Five
10:00 Heart Attacks: Men Vs. Women
12:00 Spanish/English Computer Tutor
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
7:15 Financial Education: Outlook & Opportunities, Finding the Prevailing Winds
7:15 Evening Yoga
7:15 Stargazing: Beginning Observational Astronomy*

Wednesday May 13

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:00 Elder Law Essentials – "Taking Control of Your Future – A Legal Check-up"
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap
12:30 Cribbage
12:30 Zumba Gold*
1:00 Scrabble
1:45 Strength & Stretch
2:00 Internet Basics: First Session*
2:45 Feldenkrais
3:00 Group Sing
7:00 Group Sing (Evening Session)

Thursday May 14

10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:00 Brown Bag
10:00 Vaccine Clinic - Public Health Department
10:00 Chair Volleyball
11:30 3rd year tap
12:00 PC One on One Appts.
12:30 2nd year tap
12:30 SHINE- *appointment only*
1:00 Readers & Thinkers:
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
1:30 NCOA Board Meeting
2:45 Tai Chi*

Friday May 15

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Brain Safety and Bike Riding
10:00 SNAP Myths Presentation
10:00 Benefits Counseling with

Deb Hollingworth
10:30 Low impact 2
10:30 Nutritional Outreach Program
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Chess
1:45 Strength & Stretch
2:00 Dancing with the Seniors: Sponsored by Highview
2:45 Yoga

Sunday May 17

1:00 Northampton Senior Center Open House

Monday May 18

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:00 Spanish/English Computer Tutor
1:30 Contemplative Photography
1:00 NeedleWorkshop
1:30 Board Games
1:30 Monday Movie Madness: "Still Alice"

Tuesday May 19

9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone*
10:00 Walking Group
10:00 Life Stories Workshop: Final Session
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:00 Jim Spencer's Africa Trip
5:00 Commission on Disability
7:15 Evening Yoga
7:15 Stargazing: Beginning Observational Astronomy*

Wednesday May 20

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
9:30 Foot Care Clinic
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
12:30 Zumba Gold
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes hosts Golden Moments
1:45 Strength & Stretch
2:00 Internet Basics*
2:45 Feldenkrais

Thursday May 21

10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:00 Chair Volleyball
11:30 3rd year tap
12:00 PC One on One Appts.
12:30 2nd year tap
12:30 SHINE- *appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday May 22

8:20 Dynamic Fitness DVD
9:30 Low Impact 1

10:00 SNAP: By appointment only
10:00 Successful Retirement Presentation
10:30 Low impact 2
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:45 Strength & Stretch
2:00 "Tea for Three" – featuring actress Elaine Bromka. Sponsored by Calvin Coolidge Nursing & Rehabilitation
2:45 Yoga

Monday May 25

CLOSED FOR MEMORIAL DAY

Tuesday May 26

9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group
12:00 Spanish/English Computer Tutor
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
7:15 Evening Yoga
7:15 Stargazing: Beginning Observational Astronomy*

Wednesday May 27

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Strength & Stretch
2:45 Feldenkrais

Thursday May 28

10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:00 Chair Volleyball
11:30 3rd year tap
12:00 PC one on one by appt
12:30 2nd year tap
12:30 SHINE- *appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO

Friday May 29

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:45 Strength & Stretch
2:45 Yoga

Remember everyone who participates at the Senior Center is required to get a scan card.

Thank you!